



June Bucket List (140495)

Zoo mania - Sierra Safari and Animal Ark

Come one, come all. See the wonderful menageries the two local zoos have to offer. We will start at 10:00 am with a trip to the Sierra Safari Zoo. At 12:00 noon we will sit for lunch: (please bring your own lunch). At 1:00 p.m. we will explore Animal Ark's, lions, tigers and bears OH MY!

Home: June 19, 2014

Fee: \$20.00

Pick-Ups:

NRCC: 9:15 a.m.

EMNCC: 9:30 a.m.

TPPAC: 9:45 a.m.

Dinner & Show (137896)

Fabulous Friday Theater Night

Reno Little Theater Presents "The Slab Boys"

Date: Friday, June 13, 2014

Time: 6:00 p.m. Dinner TPPAC

Fee: \$20.00, Scholarships apply

Pick up Times and locations:

NRCC: 5:40 p.m.

EMNCC: 5:30 p.m.

Depart TPPAC at 6:45 p.m. for the theater

Brunch and a Movie (133997)

Join our senior's club as we venture out for brunch at the Eldorado Casino buffet followed by a movie of your choice at Century Riverside 12 movie theater .

Register for this popular event in advance to reserve your transportation and pick-up from various sites.

Date: Thursday, June 5, 2014

Location: Eldorado Casino

Fee: \$20 scholarships apply

Pick Times and Locations

EMNCC: 8:30 a.m.

NRRC: 8:45 a.m.

TPPAC: 9:00 a.m.

Special Reno Rodeo Trip (146842)

Head 'Em Up! Move 'Em Out!

The City of Reno is having a special trip to the RENO RODEO! We will be seeing everything from bull riding to mutton bustin'. Yippy-Ki-Ay! We hope to have you with us!

Date: Tuesday, June 24, 2014

Time: 6:00 p.m. - 9:00 p.m.

Fee: \$12.00, Scholarships apply

Pick up Times and locations:

NRCC: 5:15 p.m.

TPPAC: 5:30 p.m.

Shuttles departing EMNCC starting at 5:45 p.m.

(EMNCC) Evelyn Mount Northeast Community Center – 1301 Valley Road – 334-2262

(NRRC) Neil Road Recreation Center – 3925 Neil Road – 689-8484

(TPPAC) Teglia's Paradise Park Activity Center – 2745 Elementary Drive – 356-3176

Around Town

Men's Day Celebrating Men's and Boy's Physical Health (134197)

Date: June 27, 2014

Time: 10: 00 a.m. - 1:00 p.m.

Location: TPPAC

Fee: \$.50 drop-in

Calling all men to come celebrate a day of your physical health. Participate in interactive games and activities designed just for you. Bring Your son, grandson brother or nephew to share in this event **(lunch will be provided)**. **International Men's Day is celebrated on November 19, each year.**

Pickleball

Pickleball; has gone multi-generational!

Come one, come all to this new pickleball program. We are offering all comers to participate in this really fun sport. Bring your grandkids, friends and family to see who really got game.

Date Wednesdays

Time: 4:30 p.m. - 6:30 p.m.

Location: NRCC Gym

Fee: \$.50 drop-in for June. \$1.00 seniors and \$2.00 all other ages beginning in July 2014.



The Citizen Corps Program (134197)

Presented by Tom Briggs, CERT Outreach Coordinator

The Citizen Corps Program is a FEMA-funded program supported by the Nevada Division of Emergency Management and the Washoe County Sheriff's Office. Our mission is to provide free training to the public on how to be better prepared to respond to emergencies and become self-sufficient for the first 72 hours following a large-scale disaster. **The Citizen Corps Program offers a free training academy every three months, which includes 26 hours of classroom and hands-on training on disaster preparedness, fire safety and utility controls, disaster medical operations, light search and rescue, disaster psychology, and terrorism awareness. Upcoming academies for the remainder of this year will be conducted in July and October. For information please log on to www.wcsovolunteer.org or call 775-325-6928. Light Refreshments will be served.**

Date: Tuesday, June 3, 2014

Time: 12:00 p.m. - 1:30 p.m.

Location: TPPAC

Fee: \$.50 drop-in

Eat at Chili's to Support Senior Companion and Foster Grandparent Programs

Let Chili's do the cooking while you support Senior Companion and Foster Grandparents Programs.

BRING A COPY OF THIS ARTICLE on June 5, 2014 from 11:00 a.m. - 10:00 p.m. and participating Chili's will donate 15% of the proceeds to these amazing programs. Please help give back!

Day: Thursday June 5, 2014

Time 11:00 a.m. – 10:00 p.m.

Chili's Locations: 10340 N. McCarran Blvd. , Reno, NV 89503

5090 Smithridge Drive, Reno, NV 89502



Save the Date

July Bucket List Tahoe Boat Trip (140496)

SHIP'S AHOY MATES!

On Thursday July 10, the City of Reno will be taking a trip to beautiful Lake Tahoe for a boat tour.

We will depart Neil Road Recreation center on a Charter bus at 11:30 a.m.

At 1:30 p.m. we will set sail on the Tahoe Queen for a tour of the lake.

This 2 1/2 hour scenic day cruise offers fabulous photo opportunities, sunshine, and fresh South Lake Tahoe air that has a way of invigorating everyone.

Please note registration for this event ends on June 25, 2014.

Special Instructions:

Eat a little something before the trip, lunch will not be provided.

No outside food can be brought on board, but you can purchase food and snacks on the Tahoe Queen.

Date: Thursday, July 10, 2014

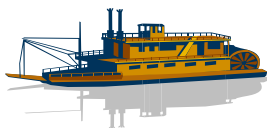
Fee: \$60

Pick-Up Times and Locations

EMNCC: 11:00 a.m.

TPPAC: 11:15 a.m.

NRRC: 11:30 a.m.



Reno/Tahoe Senior Summer Games

Coming in August

It is almost time for the Reno/Tahoe Senior Summer Games! This year, there are more sports and more chances to win! In preparation for the games, the City of Reno will be having practice times for events beginning in the month of June until the games begin August 4, 2014. For more information call the locations below to inquire about practice times and locations.

Don't wait! Register today!

More info available at www.Reno.Gov/Seniors

Archery, Badminton, Basketball Skills, Beanbag Baseball, Billiards, Blackjack, Checkers, Croquet, Darts, Fishing, Go Karts, Horseshoes, Miniature Golf, Pickleball, Race Walk, Speed Golf, Swimming, Table Tennis, Track & Field.

You may also call or come to one of the following facilities to inquire about sport practice, registration and fees to participate in the games.

Neil Road Recreation Center (NRRC)
775-689-8484

Teglia's Paradise Park Activity Center (TPPAC)
775-356-3176

Evelyn Mount Northeast Community Center (EMNCC)
775-334-2262

COLIN ROSS PRESENTS HIS "WESTERN CONCERT"

Date: July 2, 2014

Time: 6:30 p.m. - 8:00 p.m.

Location: NRCC

Fee: \$5.00

Grab your hats and boots and head across the Great Divide for the Annual Senior Music Program "Western Show." They'll be singing old favorites as the sun sinks into sky. Join Cowgirl Kate, Miss Kitty, Nancy "Ma" Barker along with Trail Boss Ross and all the gang for a great concert of real old-time American Favorites.

Thanks to the Villas for sponsoring refreshments for this event.

Special Thanks to Model Dairy for the delicious ice cream sponsored to make the Banana Splits at the Paradise Park Goes Bananas Event

Life Long Learning

Join the Senior Connect Television Production Team

Are you interested in learning how to select a topic, write a script, shoot footage, edit and produce a show that can be used on television, YouTube and web sites? Do you have time to volunteer? Then consider joining our group of senior volunteers who are learning to do just that! No experience necessary, but experience welcome! Contact Alan Roney (775-657-4644 / roneya@reno.gov) or Bob Forse (775-334-2366 / forser@reno.gov) for more information!

Computer Classes at NRRC

Basic PC (137809)

Dates: June 2, 4, 6, 2014
Time: 9:30 a.m. - 11:30 a.m.
Fee: \$20.00

Open Lab (137847)

Dates: June 2, 4, 6, 2014
Time: 12:00 p.m. - 2:00 p.m.
Fee: \$20.00

See New Additional

Computer Class Information Page 7



Bean Bag Baseball

The City of Reno Teams Practice Times

Date: Fridays
Time: 10:00 a.m. - 11:30 a.m.
Location: TPPAC
Fee: Free

Date: Wednesdays
Time: 1:00 p.m. - 3:00 p.m.
Location: NRRC
Fee: Free

Date: Mondays
Time: 10:00 a.m. - 11:30 a.m.
Location: EMNCC
Fee: Free

Teglia's Paradise Park and Health Wellness & You (145992)

Presents

Orthopedic Surgeon Rowlin L. Lichter, MD & All You Kneed to Know about Knees

Dr. Lichter will discuss knee anatomy and function, first aid and medications as well as non-operative and surgical treatment. After the workshop there will be plenty of time for questions and answers.

Lunch will be provided.

Date: Tuesday June 10, 2014
Time: 12:00 p.m. - 2:00 p.m.
Location: TPPAC
Fee: \$.50 drop-in

Never too Old for Gold

Reno/Tahoe Senior Games August 4 - 10 2014

Music, Dance & Crafts

Senior Music Workshops (135196)

Come on down to Neil Road Recreation Center for a memorable afternoon filled with traditional Americana and good ol' down home, foot stompin', finger snappin' favorite songs. There's a band to accompany the chorus and Trail Boss, Colin Ross, will provide his musical direction. It's a fun, educational and inspirational time for all. No auditions required and you can sample one class for free.

Date/Time: Tuesdays, June 3, 10, 17, 24
Time: 2:00 – 3:30 p.m.
Location: NRRC
Fee: \$5.00

*Thanks to the Villas for
sponsoring refreshments for this event.*

Reno Senior Dance Club at NRCC (135492)

Join these friendly active seniors and dance, dance, dance! Even if you're not a dancer, come and make new friends and enjoy great music provided by DJ Felipe Leon. Early dance instruction is at 1:15 p.m.

Dates: Sundays, June 8, 22
Time: 2:00 p.m. - 5:00 p.m.
Location: NRRC
Fee: \$5.00 per person, pay at the door

**Special thanks to Save Mart on Prater Way for
sponsoring the birthday cakes.**

Paradise Park's Dancing with the Stars (134096)

Come on over to Paradise Park and join active fun loving seniors and dance. You don't need to be a dancer but have a desire to learn and have fun doing it, enjoying good music and making new friends. Dance instruction will be under the guidance of City of Reno Volunteers Rodolfo & Carminia Banares (Rudy & Meny).

Date: 1st and 3rd Tuesdays
Time: 1:30 p.m. - 2:30 p.m.
Location: TPPAC
Fee: \$.50 drop-in

Voices of Paradise Glee Club (138897)

Do you like to sing? Want to use your talent? Belong to a fun vocal group? Come join us the 2nd & 4th Tuesdays of each month. The Voices of Paradise Glee Club now includes Karaoke singing. The Voices of Paradise will perform at various City of Reno functions.

Dates/Time: 2nd and 4th Tuesdays 12:30 - 2:00 p.m.
Location: TPPAC
Fee: Free

Ballroom Dancing (138765, 131005)

Bring your partner and learn how to Ballroom dance and get a little exercise too!

Date & Time: Every Tuesday, 2:00 p.m. - 3:45 p.m.
Every Friday, 6:00 p.m. - 7:45 p.m.
Location: EMNCC
Fee: \$.50 drop-in

Ceramic Workshop (138702)

Ceramics Workshop is designed to accommodate novice to advanced students. Students are encouraged to bring outside projects to class. Mediums used include acrylic paints, glazes and translucent. Supplies will be available to those pre-registered a week in advance.

Dates: 1st, 2nd & 3rd Wednesdays
Time: 9:30 a.m. - 12:30 p.m.
Location: Basement Art Studio McKinley Arts & Culture Center
Fee: \$45 (3 Classes (3 hrs per class))
To register please call: 334-2417

Volunteer Crochet Group (138750)

This group meets the 3rd and 4th Thursday to work on community charity projects.

Dates: 3rd, 4th Thursdays
Time: 10:00 a.m. - 12:00 p.m.
Location: EMNCC
Fee: Free

This-N-That Crafters Group (135446)

Are you a crafter and want to share your techniques and ideas, or just chat and get new ideas? If so then this senior crafters program is for you. This is an opportunity to talk with friends while working on your craft or to get ideas for your next project.

Day: Every Tuesday
Time: 1:00 p.m. - 3:00 p.m.
Location: NRRC
Fee: \$.50 drop-in

Crochet Circle (143250)

Join this stress free group to learn a variety of stitches and create Afghans, lap blankets and much, much more. Projects require time spent as "home work" for completion. All skill levels welcome.

Day: Every Monday (except holidays)
Time: 10:00 a.m. - 12:00 p.m.
Location: EMNCC
Fee: \$5 per registration

Creative Crafts & Quilts (134296)

You can enjoy the art of quilting, your own craft projects, or participate in an instructional new craft project each month.

Day: Every Monday (except holidays)
Time: 2:00 p.m. - 4:00 p.m.
Location: TPPAC
Fee: \$.50 drop-in for quilters and self projects

\$5.00 supply fee for the guided craft scholarships do apply.

Social Activities

It's Here City of Reno's Bean Bag Baseball League

We Need Your Teams for participation in the Reno/Tahoe Summer Senior Games!

We are inviting seniors of the various assisted living or other facilities, or a group of your friends to form teams to participate as part of our Bean Bag Baseball League. The opening games will be in conjunction with Older Americans Month in May 2014 (this will be the 50th Anniversary for Older Americans Month). The league's season and number of games will be based on number of teams that sign up for participation (Each team will play a minimum of 10 games and a play-off).

Fee: **\$100.00 per team registration (individuals must sign up through a sponsored team).**

If your facility is interested in being a part of this fun league contact:

Manuel Zepeda, NRRC 775-785-5819

Brenda J. Mahan, TPPAC 775-334-2320

Lyn Morales, EMNCC 775-675-4602

If you are not a part of a facility and would like to play on a City of Reno team you may also contact Manuel, Brenda or Lyn at the above listed numbers.

Hope to see you on the *FIELD*.



TPPAC Puzzle Corner

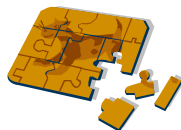
Come on in and pull up a chair, get a cup of coffee and help piece together a jig saw puzzle, or bring your own word search, or other puzzle books. Stretch your mind and enjoy some good conversation with others. More information to come.

Date: Every Wednesday

Time: 10:00 a.m. - 2:00 p.m.

Location: TPPAC

Fee: \$.50 drop-in



Happy, Happy Birthday Party (134093)

Pairing of Generations (Seniors & Kids)

Even if it is not your birthday come wish others a happy, happy birthday! Bring your grandchildren, nieces, nephews, sons & daughters and celebrate on the third Wednesday each month. Come join us for fun, fun, and more fun.

Special thanks to Atria Summit Ridge for sponsoring the monthly *Birthday Cake*.

Date: Wednesday, June 18, 2014

Time: 2:00 p.m. - 3:30 p.m.

Location: TPPAC

Fee: \$.50 drop-in



Coming in July

Cake/Cookie Decorating Class

Come on in and see how easy it is to make those beautiful decorations on cakes and fancy cookies.

Health Wellness & You Presents REMSA

Unwanted Phone Calls?

Register your phone number on the Do Not Call List. Call 888-382-1222 or go to www.donotcall.gov. Get rid of those pesky calls, once and for all!

Conversation Café (135498)

Day: Every Tuesday

Time: 10:00 a.m. - 11:30a.m.

Location: NRRC

Fee: \$0.50 drop-in

Thanks to Nathan Stoddard at Country Financial for sponsoring the refreshments.



New Additions/Meeting Your Staff

Meet Your New Senior Adult Services Staff



Let's Welcome, Bob Forse - Supervisor Senior Adult Services. Bob recently transferred to Senior Adult Services from Rosewood Lakes Golf Course.

Bob is soon to be 56 years old in August. He has been married for 30 plus years and has one married stepson and one fantastic grandson named Sean.

Bob was born in Brookline, MA. but has lived in Reno since 1959 (does not qualify as a native according to his wife who was born here).

He has been employed with the City of Reno for 22 years at Rosewood Lakes Golf Course, the last 15 years as the PGA Head Golf Professional/Supervisor.

Bob was a recipient of the PGA's Patriot Award in 2013, he enjoys golf, bowling, walking with his dog Coco, and playing with his grandson.

Please take the time to introduce yourself to Bob and Coco when you see them in the various City of Reno Facilities.

Additional Zumba Gold Fitness Class (145142)

Ok, all you TPPAC Zumba Gold Customers that wanted more, starting June 2nd, 2014 Teglia's Paradise Park has extended their offering of Zumbo Gold to include a Monday Evening Course.

Do you find the usual exercise routines blah and boring? Join us every Monday and Thursday for an exciting fit and healthy exercise routine.

Zumba is known for its zesty Latin music, and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for additional Zumba Gold at Teglia's Paradise Park.

Day: Every Monday
Time: 5:30 p.m. - 6:00 p.m.
Location: TPPAC
Fee: \$10:00 Monthly
Scholarships do not apply!

Neil Road Additional Computer Class Computer Security Basics (143743)

It's 2014, are you ready to enter the digital universe? Our Volunteer Instructor, Barry Smith, will guide you from raw beginner to savvy computer user in our Basic PC Class. Once you are comfortably traveling the internet highway you may want to try Barry's new class, Computer Security Basics, to learn how to keep yourself safe while you shop, bank, email and pay your bills online.

June 3, 5, 2014

Time: 9:30 a.m. – 11:30 a.m.

Location NRRC

Fee: \$15.00



Coming August 4 - 10 2014 Reno/Tahoe Senior Summer Games

Fitness

Stretch & Tone (138757)

Session includes: Warm-up & strength training; low intensity cardio endurance exercises and stretching cool down to improve flexibility and balance.

Days: Monday, Wednesday & Friday
Time: 9:00 a.m. - 10:00 a.m.
Location: Washoe County Senior Center
Fee: \$6.00 per month
Scholarships do apply.

Sit and Get Fit (133651, 138958)

This weight training program is designed to strengthen the muscles used for walking and getting in and out of chairs. Exercises are done while sitting and standing or while holding on to the back of a chair, if needed, for balance.

Days: Monday, Wednesday & Friday
Time: 8:30a.m. - 9:30 a.m.
Location: TPPAC
Fee: \$.50 drop-in

Days: Tuesday & Thursday
Time: 10:00 a.m. - 11:00 a.m.
Location: EMNCC
Fee: \$.50 drop-in

Get Fit with Silver Sneakers

Silver Sneakers is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the Silver Sneakers benefit. Silver Sneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Silver Sneakers provides a membership with the City of Reno locations at Evelyn Mount Northeast Community Center, Neil Road Recreation Center and the Northwest Pool.

This great benefit includes: Water fitness classes, open swim and lap swim at EMNCC and Northwest Pool, Sit and Get Fit at EMNCC, Chair Yoga at EMNCC and NRRC, open gym, cardio and weight room fitness at EMNCC and NRRC. Silver Sneaker participants *must* register where appropriate and swipe their card each time they visit the site for their fitness class.

New Thi Chi class at Evelyn Mount Northeast Community Center

Cheng Man Ching Yang Style short form consists of 37 postures also known as Meditation in Motion. This low impact exercise helps with relaxation, balance, and flexibility.

This exciting class will be offered at EMNCC starting June 3, 2014.

Date: Tuesday and Thursdays
Time: 1:00 p.m. - 2:00 p.m.
Location: EMNCC (Eureka Room)
Fee: \$50 each month

Silver State Super Seniors (138797)

This is a combined recreation and senior exercise program. Class includes sitting and standing exercises, the use of Dynabands, Indian Club exercises, balance practice and precision marching.

Days: Tuesday, Thursday & Friday
Time: 8:30a.m. - 9:45 a.m.
Location: EMNCC
Fee: \$.50 drop-in

Fitness with Friends at NRRC

We've established friends that like to work out together in the Neil Road Recreation Center fitness room. We invite you to join in the fun. Stop by today and ask a staff member to show you the fitness room. Remember it's never too late to start!

Days: Tuesday and Thursday
Time: 10:00 a.m. - 12:00 p.m.
Location: NRRC
Fee: \$.50 drop-in

Fitness



Senior Water Fitness

Water is a great environment for exercise. Buoyancy takes the impact off of leg joints allowing exercises to improve muscular strength, balance and fitness levels.

No swimming skills are required.

Note: This class has varying times and courses please call 334-2262 for inquiries & registration.

Location:	EMNCC Pool
Days/Times:	Mon/Wed/Fri, 12:00p.m. - 1:00 pm.
Cost:	\$30.00/ 4 week session
Days/Times:	Tue/Th, 12:00 p.m. - 1:00 p.m.
Cost:	\$20.00/ 4 week session
Days/Times:	Tue/Th, 10:00 a.m. - 11:00 a.m.
Cost:	\$20.00/ 4 week session
Days/Times:	Tue/Th 6:15 p.m. - 7:15 p.m.
Cost:	\$20.00/ 4 week session
Location:	Northwest Pool, 2925 Apollo Way
Days/Times:	Mon/Wed/Fri, 9:00 am - 10:00 am
Cost:	\$30.00/ 4 week session
Days/Times:	Tue/Th, 8:45 a.m. - 9:45 a.m.
Cost:	\$20.00/ 4 week session

Zumba Gold Fitness (134747)

Do you find the usual exercise routines blah and boring? Join us every Thursday for an exciting fit and healthy exercise routine.

Zumba is known for its zesty Latin music, and modifies the moves and pacing to suit the needs of the active older participants as well as those just starting their fitness journey.

Come join certified instructor Patricia Gallimore for Zumba Gold at Tegilia's Paradise Park.

Day: Every Thursday
Time: 10:00 a.m. - 11:00 a.m.
Location: TPPAC
Fee: \$10:00 Monthly
Scholarships do not apply.



Chair Yoga (133354, 133342, 133147)

This course is designed to help participants with yoga poses and postures focusing on gentle movement from a chair or standing beside a chair. Building strength and flexibility are key components along with balance for better mobility. Poses will incorporate use of left and right brain and movement coordinated with slow breaths. Plan to dress comfortably with low heeled shoes. Need more information feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

Time 1:30 p.m. - 2:15 p.m.

Day: Wednesdays

Location: EMNECC

Time 9:00 a.m. - 9:45 a.m.

Day: Thursdays

Location: TPPAC

Time 10:30 a.m. - 11:15 a.m.

Day: Thursday

Location: NRRC

Fee: \$8.00 per month, per location. *(Silver Sneakers apply, Scholarships do not apply)*

Mat Yoga (133593,133397)

This modified gentle yoga class is an accessible approach to learning the fundamental yoga stretches presented in a flowing class that is easy to follow. Mats, blankets and blocks are available on a first come, first served basis. Students should be able to get off the floor with ease. Need more information feel free to contact the instructor, Pam Pearson, at 303-2845 or psp89@hotmail.com.

Mondays, Wednesdays, and Fridays

Time: 10:00 a.m. - 11:00 a.m.

Location: NRRC

Time 12:00 p.m. - 1:00 p.m.

Location: EMNECC

Fee: \$30 per month per location

(Silver Sneakers apply, Scholarships do not apply)



Resources

NEW FOR 2014!



NEW FOR 2014!

PRE-REGISTER FOR FARMERS'S MARKET COUPONS!

This year the City of Reno will be pre-registering all participants in the Senior Farmer's Market Program. Sign up by stopping by or calling one of our facilities. Coupons will be available starting Tuesday, June 17, 2014.

Locations:

Neil Road Recreation Center/ 3925 Neil Rd.

Teglia's Paradise Park Activity Center/ 2745 Elementary Dr.

Evelyn Mount Northeast Community Center/ 1301 Valley Rd.

Qualifications, must be 60 yrs. old by cut off date, proof of Nevada residency and meet income criteria of Federal Government.

Senior Outreach Services (SOS)

The Senior Outreach Services (SOS) program is all about volunteerism.

If you have an interest in making a difference in the lives of the elders in Washoe County, SOS needs you.

For more information please call Sina Ward, Ed.D, Director of Senior Outreach Services, Sanford Center for Aging University of Nevada

SNAP

Supplemental Nutrition Assistance Program

Please call 1-888-304-7627 State Hotline for list of locations & times to apply or 1-800-992-7627 for questions and how to apply

You can also call or visit Neil Road Recreation Center 775-689-8484 or Teglia's Paradise Park Activity Center 775-356-3671 for monthly calendar and list of food pantries

Washoe County Senior Services

Are you struggling to make ends meet? Are you no longer able to do simple household chores or prepare meals? There may be programs available to assist you and we can also help you apply for any assistance. Please call 328-2575.

Activity Picture Board

We Need Your Pictures; if you have participated in a City of Reno activity and some one took your picture we would love to have a copy for our picture board at Teglia's Paradise Park.

Please bring, or mail them to us at Teglia's Paradise Park 2745 Elementary Drive Reno NV 89512.

Interested in volunteering?

We are looking for you! Do you have some skills you would like to share? Would you like to give back to the community in a meaningful way? Please see the following postings for some of the positions we are looking to fill. Opportunities include assisting with the weekday meal program, monthly mailings, teaching special classes and setting up for special events. Want to volunteer with youth? Opportunities abound. For information, call 334-2320.

Newsletter by Mail and/or Email

The senior Connect Newsletter is available to be mailed to your home or Go Green and let us email the link to you each month.

If you would like to receive this publication by mail, please call: 356-3176, 689- 8484 or 334-2262 with address and/or email.

Resources

AARP Driving Program (135208)

Tune up your driving skills with AARP. Learn defensive driving techniques, how to adjust to age related changes, dealing with aggressive drivers and other skills that will help you meet the challenges you face on today's roads. Eligible participants receive auto insurance discounts.

Date: Saturday June 28, 2014

Time: 9:30 a.m. – 2:00 p.m.

Location: NRCC

Fee: \$15 for AARP members
\$20 for non-members



For more information or to register call 786-3509



Senior Lunch Program



Hot meals and salads are offered Monday through Friday as part of the Senior Lunch Program at Neil Road Recreation Center. Meals must be ordered a day in advance **Call 326-6601**. Even if you are not a senior, you can join us for lunch at the cost of \$4.00 per person. Additional eligibility requirements apply. For more information call 328-2575 or visit any location. You can also contact us at: www.reno.gov/seniors

Senior meals are also served at the Washoe County Senior Center.

Bread Drop The Food Bank of Northern Nevada delivers bread, pastries and desserts every Tuesday. In order to increase the organization and food distribution equally we have implemented a process as follows:

- Numbers will be handed out
- This number allows you a limited selection of food items of your choice
- You will be asked to sign-in with your name
- All participants must wait until their number is called

Everyone 16 yrs. and older is encouraged to participate.

Days: Every Tuesday

Location: TPPAC

Time: 11:00 a.m.

Location: NRRC

Time: 12:00 p.m.



City of Reno & Washoe County

Senior Citizen Advisory Committee

Date: Tuesday June 10, 2014

Time: 3:00 p.m. - 5:30 p.m.

Location: NRRC

Contact: 775- 689-8484

2-1-1 Health & Human Service Facts

From basic needs to any health and human service program, one call to Nevada 2-1-1 offers access to:

- Basic human needs resources
- Physical and mental health resources
- Financial stability
- Programs for children, youth and families
- Support for older Americans and persons with disabilities

Free Blood Pressure Clinic at TPPAC

Blood pressure screening is held monthly at Teglia's Paradise Park. This clinic is free and is provided by Alliance Home Health.

First Tuesdays / 10:30a.m. - 11:00 a.m. at TPPAC.

Information & Referral (I&R): An Important Component of Older Adult Programs:

Have you ever wondered how to find resources in the Reno area? Have you needed legal or financial help to resolve issues? How about resources for housing or senior living facilities? Have you wondered where to go to find a good handyman or someone to simply mow your lawn or shovel snow? These services all fall under I&R and the staff at the City of Reno is willing to help you work your way through these and other issues. For more information or to get assistance, feel free to call 356-3176 or email tppac@reno.gov



Cards & Games

Neil Road Recreation Center - Please call 689-8484 for more details & availability			
Game Day	Thursdays	1:00 p.m. - 3:00 p.m.	NRRC
Cribbage	Mondays	1:00 p.m. - 3:30 p.m.	NRRC
Pinochle	Wednesdays & Fridays	1:00 p.m. - 4:00 p.m.	NRRC
Basic Bridge	Tuesdays	1:00 p.m. - 3:30 p.m.	NRRC
Badminton (all Ages)	Monday/Wednesday Friday	7:00 p.m. - 10:00 p.m. 6:00 p.m. - 10:00 p.m.	NRRC
Pickleball	Mon/Thurs/Fri Tue Wed	1:30p.m. - 3:30 p.m. 9:00 a.m. - 11:30 a.m. 12:00 p.m. - 2:00 p.m.	NRRC NRRC NRRC
Table Tennis	Mon/Wed Thursday Sat	7:00 p.m. - 10:00 p.m. 7:00 p.m. - 10:00 p.m. 10:00 a.m. - 1:00 p.m.	NRRC NRRC NRRC
Teglia's Paradise Park - Please call 356-3176 for more details & availability			
Intermediate Bridge	Wednesday	10:00 a.m. - 2:00 p.m.	TPPAC
Bunco	Thursdays	12:15 p.m. - 3:30 p.m.	TPPAC
Pinochle	Mondays / Wednesdays	10:00 a.m. - 2:00 p.m.	TPPAC
Wii Sports	Mondays	10:00 a.m. - 11:30 a.m.	TPPAC
Board Game Day (bring a friend & come play a variety of table games)	Every Wednesday	10:00 a.m. - 3:30 p.m.	TPPAC
Evelyn Mount Northeast Community Center - Please call 334-2262 for more details & availability			
Cribbage	Thursdays	1:00 p.m. - 3:00 p.m.	EMNCC
Bridge (Experienced Players)	Tuesdays	9:00 a.m. - 1:30 p.m.	EMNCC
Open Gym	Fridays	1:00 p.m. - 3:00 p.m.	EMNCC
Pickleball	Tuesday thru Saturday Monday thru Friday	Competitive Pickleball 9:00 a.m. - 12:00 p.m. Recreational Pickleball 12:00 p.m. - 3:00 p.m.	EMNCC

***Adult (18+) \$2.00 * Youth (5-17) \$1.00 *Seniors (50+) \$.50**

Mon	Tue	Wed	Thu	Fri
2 10:00 am Crochet Circle 10:00 a.m Bean bag Baseball Practice 12:00 pm Senior Yoga	3 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 9:00 am Bridge 10:00 am Sit and Get Fit 2:00 pm Ballroom Dance 12pm–3pm Pickleball (Rec)	4 9am–12pm Pickleball (Comp) 9:00 am Senior Tap 12:00 pm Senior Yoga 1:30 pm Chair Yoga 12pm–3pm Pickleball (Rec)	5 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 10:00 am Sit and Get Fit 1:00 pm Cribbage	6 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance
9 10:00 am Crochet Circle 10:00 a.m Bean bag Baseball Practice 12:00 pm Senior Yoga	10 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 9:00 am Bridge 10:00 am Sit and Get Fit 2:00 pm Ballroom Dance 12pm–3pm Pickleball (Rec)	11 9am–12pm Pickleball (Comp) 9:00 am Senior Tap 12:00 pm Senior Yoga 1:30 pm Chair Yoga 12pm–3pm Pickleball (Rec)	12 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 10:00 am Sit and Get Fit 1:00 pm Cribbage 12pm–3pm Pickleball (Rec)	13 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance
16 10:00 am Crochet Circle 10:00 a.m Bean bag Baseball Practice 12:00 pm Senior Yoga	17 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 9:00 am Bridge 10:00 am Sit and Get Fit 2:00 pm Ballroom Dance 12pm–3pm Pickleball (Rec)	18 9am–12pm Pickleball (Comp) 9:00 am Senior Tap 12:00 pm Senior Yoga 1:30 pm Chair Yoga 12pm–3pm Pickleball (Rec)	19 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 10:00 am Sit and Get Fit 10:00 am Vol. Crochet Group 1:00 pm Cribbage 12pm–3pm Pickleball (Rec)	20 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance
23 10:00 am Crochet Circle 10:00 a.m Bean bag Baseball Practice 12:00 pm Senior Yoga	24 8:30 am Super Seniors 9:00 am Bridge 10:00 am Sit and Get Fit 2:00 pm Ballroom Dance	25 9:00 am Senior Tap 12:00 pm Senior Yoga 1:30 pm Chair Yoga	26 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 10:00 am Sit and Get Fit 10:00 am Vol. Crochet Gr 1:00 pm Cribbage 12pm–3pm Pickleball (Rec)	27 9am–12pm Pickleball (Comp) 8:30 am Super Seniors 12:00 pm Senior Yoga 6:00 pm Ballroom Dance
30 10:00 am Crochet Circle 10:00 a.m Bean bag Baseball Practice 12:00 pm Senior Yoga				
Evelyn Mount Northeast Community Center ~1301 Valley Rd. is located on RTC Ride Route 2. Phone: 334-2262 Facility Hours: Monday - Thursday 7:00 a.m. – 9:00 p.m. Friday 7:00 a.m. – 8:00 p.m. Saturday 9:00 a.m. – 3:00 p.m.				

JUNE 2014

Neil Road Recreation Center (NRRC)

Mon	Tue	Wed	Thu	Fri
2 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Cribbage 1:30 pm Pickle Ball 7 pm Badminton 7 pm Table Tennis	3 9:00 am Pickle Ball 10:00 am Conversation Café 10:00 am Fitness w/ Friends 11:30 am Senior Lunches 12: 00 pm Bread Drop 1:00 pm Basic Bridge	4 10:00 am Senior Yoga 11:30 am Senior Lunches 12:00 pm Pickle Ball 1:00 pm Pinochle 1:00 p.m. Bean Bag Baseball Practice 7:00 pm Badminton	5 10:00 am Fitness w/ Friends 10:30 am Senior Chair Yoga 11:30 am Senior Lunches 1:00 pm Bunco 1:30 pm Pickle Ball 7 :00 pm Table Tennis	6 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Senior Bingo 1:00 pm Pinochle 1:30 pm Pickle Ball 6:00 pm Badminton
9 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Cribbage 1:30 pm Pickle Ball 7 pm Badminton 7 pm Table Tennis	10 9:00 am Pickle Ball 10:00 am Conversation Café 10:00 am Fitness w/ Friends 11:30 am Senior Lunches 12: 00 pm Bread Drop 1:00 pm Basic Bridge	11 10:00 am Senior Yoga 11:30 am Senior Lunches 12:00 pm Pickle Ball 1:00 pm Pinochle 1:00 p.m. Bean Bag Baseball Practice 7:00 pm Badminton	12 10:00 am Fitness w/ Friends 10:30 am Senior Chair Yoga 11:30 am Senior Lunches 1:00 pm Dominos 1:30 pm Pickle Ball 7:00 pm Table Tennis	13 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Senior Bingo 1:00 pm Pinochle 1:30 pm Pickle Ball 6:00 pm Badminton
16 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Cribbage 1:30 pm Pickle Ball 7 pm Badminton 7 pm Table Tennis	17 9:00 am Pickle Ball 10:00 am Conversation Café 10:00 am Fitness w/ Friends 11:30 am Senior Lunches 12: 00 pm Bread Drop 1:00 pm Basic Bridge	18 10:00 am Senior Yoga 11:30 am Senior Lunches 12:00 pm Pickle Ball 1:00 pm Pinochle 1:00 p.m. Bean Bag Baseball Practice 7:00 pm Badminton	19 10:00 am Fitness w/ Friends 10:30 am Senior Chair Yoga 11:30 am Senior Lunches 1:00 pm Any Game 1:30 pm Pickle Ball 7:00 pm Table Tennis	20 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Senior Bingo 1:00 pm Pinochle 1:30 pm Pickle Ball 6:00 pm Badminton
23 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Cribbage 1:30 pm Pickle Ball 7 pm Badminton 7 pm Table Tennis	24 9:00 am Pickle Ball 10:00 am Conversation Café 10:00 am Fitness w/ Friends 11:30 am Senior Lunches 12: 00 pm Bread Drop 1:00 pm Basic Bridge	25 10:00 am Senior Yoga 11:30 am Senior Lunches 12:00 pm Pickle Ball 1:00 pm Pinochle 1:00 p.m. Bean Bag Baseball Practice 7:00 pm Badminton	26 10:00 am Fitness w/ Friends 10:30 am Senior Chair Yoga 11:30 am Senior Lunches 1:00 pm Any Game 1:30 pm Pickle Ball 7:00 pm Table Tennis	27 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Senior Bingo 1:00 pm Pinochle 1:30 pm Pickle Ball 6:00 pm Badminton
30 10:00 am Senior Yoga 11:30 am Senior Lunches 1:00 pm Cribbage 1:30 pm Pickle Ball 7 pm Badminton 7 pm Table Tennis				
Neil Rd. Recreation Center - 689-8484 3925 Neil Road is located on RTC Ride route 12. The center is open Monday through Friday 9am to 10pm Closed Saturdays & Sundays but available for rentals				

JUNE 2014

Teglia's Paradise Park Activity Center (TPPAC)

Mon	Tue	Wed	Thu	Fri
2 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	3 11:00 am Bread Line 6:30 pm Western Sq Dance	4 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Interm Bridge 10:00 am All Game Day 1:30 pm Bingo 6:00 pm Cloverleaf's Sq Dance	5 9:00am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco	6 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
9 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	10 11:00 am Bread Line 12:30 pm Glee Club 6:30 pm Western Sq Dance	11 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Interm Bridge 10:00 am All Game Day 1:30 pm Bingo 6:00 pm Cloverleaf's Sq Dance	12 9:00am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco 6:00 pm Motivators Sq Dance	13 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
16 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	17 11:00 am Bread Line 1:30 pm Dancing with the Stars 6:30 pm Western Sq Dance	18 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Interm Bridge 10:00 am All Game Day 1:30 pm Bingo 6:00 pm Cloverleaf's Sq Dance	19 9:00 am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco	20 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
23 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts	24 11:00 am Bread Line 12:30 pm Glee Club 6:30 pm Western Sq Dance	25 8:30am Sit and Get Fit 10:00 am Pinochle 10:00 am Interm Bridge 10:00 am All Game Day 1:30 pm Bingo 6:00 pm Cloverleaf's Sq	26 9:00 am Chair Yoga 10:00 am Zumba Gold 12:15 pm Bunco	27 8:30 am Sit and Get Fit 10:00 am Bean Bag Baseball Practice 12:30 pm Bridge Academy
30 8:30 am Sit and Get Fit 10:00 am Pinochle 10:00 am Wii Sports Exercise 12:00 pm Creative Crafts & Quilts				
Teglia's Paradise Park - 775-356-3176 2745 Elementary Drive (on RTC Ride Bus 2S) Corner of Carville & Elementary Drive. You may have to walk a small distance to the Activity Center The center is open Monday through Friday 8am to 4pm Closed Saturdays & Sundays but available for rentals				